

Love Helpings

Enjoy a bumper spread of four exclusive delightful recipes this month. Want to try whipping up a good dinner for yourself? You will fall in love with the irresistible *Baked Salmon* and *Baked Iran Kurau* from Jack's Place. Good as a simple one-dish meal, these also gives you bragging rights of creating from scratch a restaurant-worthy dish!

Or try the *Sarikaya* and *Beetroot Soup*, the labour of love of mothers whose children are undergoing cancer treatment at the Children's Cancer Foundation. This group of mums has pooled their well-loved recipes into the *Love Recipes - Our Children's Homemade Favourites* cookbook launched in September. With all dishes endorsed and approved by dietitians, these healthful local delicacies will charm you and your whole family. Have a dinner of love on us.

SERVES

1

BAKED SALMON

UNITS	INGREDIENTS
180 gm	Salmon
30 gm	Butter (unsalted)
20 ml	White wine
1 piece	Baked potato
75 gm	Seasonal vegetables - carrots, broccoli
20 gm	Seasoning - salt, pepper, butter, bay leaves

CONDIMENTS FOR POTATO

20 gm	Low-fat sour cream
10 gm	Bacon
5 gm	Chives

SAUCE FOR TOPPING

50 gm	Sauce from baked salmon
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PREPARATION

- 1 Place butter and salmon on a metal tray.
- 2 Add 50 ml of water, seasoning, 20 ml of white wine and bay leaf
- 3 Bake in oven at 500C for 12-15 minutes until salmon is medium-cooked (do not overcook salmon).
- 4 Remove from tray and transfer to a dinner plate.
- 5 Pour the remainder sauces from the metal tray into a pot, and reduce to about a quarter of original volume
- 6 Pour sauce over salmon
- 7 Serve with seasonal vegetables and baked potato.



eat!



Love Recipes

SERVES

2

SARIKAYA (STEAMED KAYA)

INGREDIENTS

- 1 egg
- 200 ml fresh coconut milk
- 1 young coconut (Remove flesh and cut into small pieces. Retain water to dilute the mixture)
- 6 pieces of white bread
- 1 chokos/chayote, finely chopped (available at Cold Storage and Giant supermarkets respectively)
- 4 tbsp coarse sugar or coconut sugar
- 1 tbsp red sugar
- 2 pandan leaves, cut into small pieces

PREPARATION

- 1 In a bowl, whisk the egg and sugar until evenly mixed. Add coconut water and continue to mix well.
- 2 Pour mixture into a deep dish.
- 3 Put a slice of white bread, coconut flesh, coconut sugar, pieces of choko/chayote and the bits of pandan leaves.
- 4 Repeat step 3 until all the bread has been added. Press the layers of ingredients until all the bread is soaked in the coconut water.
- 5 Steam for 30 minutes and the dish is ready to serve.

SERVES

2

BEETROOT SOUP**INGREDIENTS**

- 1 medium-sized beetroot
- 50g mixed beans, for soup base
- 1 piece (about 10cm) dried kombu (Japanese edible kelp)
- 1 piece white fungus (optional)
- 1 cube onion paste for seasoning
- 1 tbsp soya sauce
- 500ml water

PREPARATION

- 1 Wash and soak the beans in water 6 hours before cooking; kombu and white fungus 30 minutes before cooking.
- 2 Wash and peel the beetroot, then cut it into thin slices.
- 3 Bring the beans to boil, then add beetroot, kombu and white fungus.
- 4 Lower the flame and simmer for 30 minutes.
- 5 Add in onion paste and soya sauce.
- 6 Leave to boil again before turning off the fire.
- 7 Serve the soup before meal.

Recipes extracted from Love Recipes – Our Children's Homemade Favourites cookbook.



All proceeds of the cookbook (retail price: \$29.90) go to the Children's Cancer Foundation (CCF). Purchase the book at the CCF Family Support Centres at National University Hospital (tel 6772 4471) and KK Women's & Children's Hospital (tel 6297 0203).